



Brent, Wandsworth
and Westminster

SWL Suicide Prevention

Who are we?

Jodie Ferris

Suicide Prevention Coordinator (Communities)

Ana Djurdjevic

Suicide Prevention Coordinator (Children and Young People)

Helen Baly

Team Leader – Suicide Prevention Support Services (SPSS)

Suicide Postvention and Prevention Support Services (NW & SW London)



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Where do we work?

This service is available for those in the following boroughs:

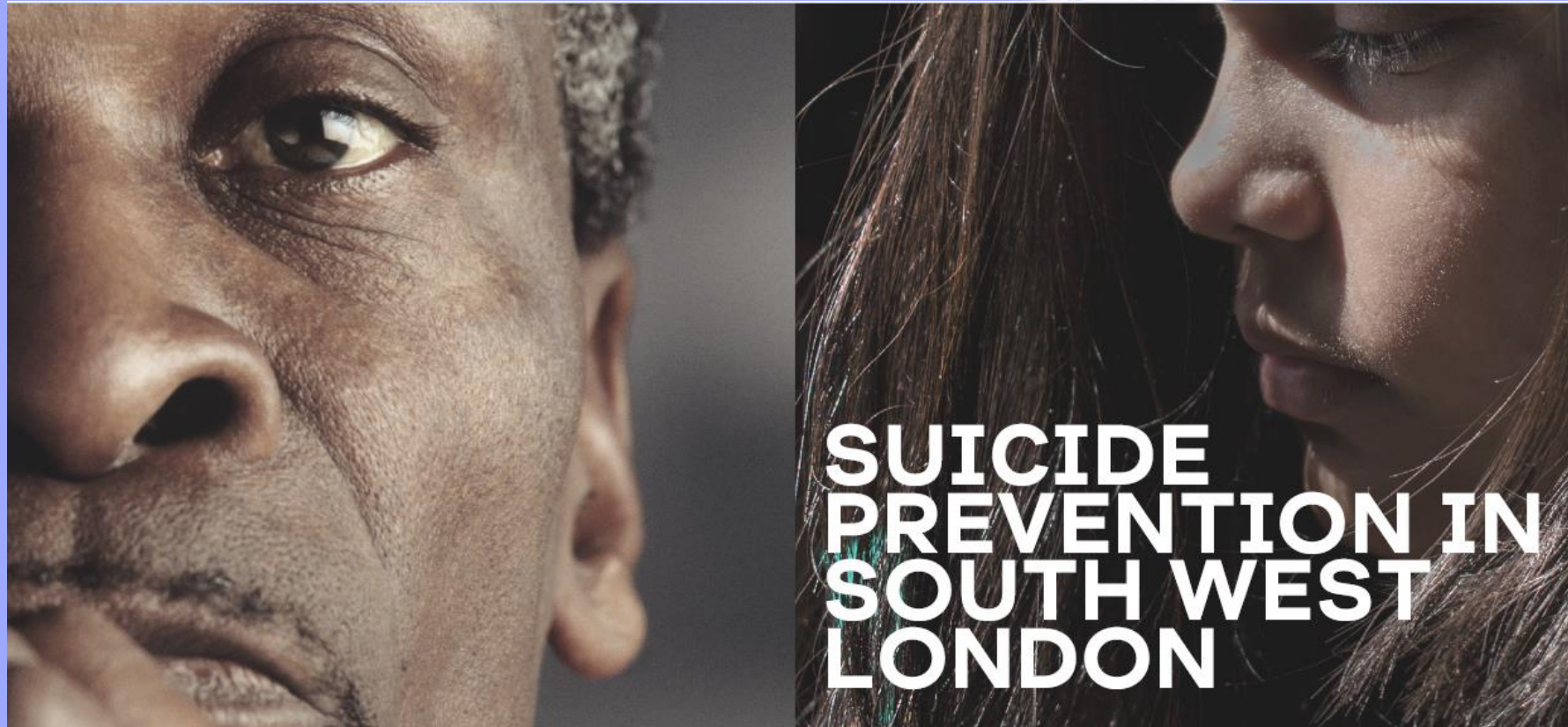
- Sutton
- Richmond
- Wandsworth



- Croydon
- Merton
- Kingston

Who do we support?

- 1) Children and Young People
- 2) Communities



Children and Young people

Focus on **educational settings**, including state funded, grammar and private schools.

Working closely with the population in these settings to ensure that they prevent suicides among children and young people.

Engaging with **non-MSHT schools** (school nurses/counsellors, teaching and non-teaching staff, pastoral teams etc.)

Train/upskill school staff so that they can support CYP who may be at risk of suicide, asking the challenging questions that can help prevent suicide plans being acted upon.

Communities

Focus on the **wider community**, including **middle aged men** as a higher risk group.

Working closely with organizations that come into contact with those who may be at risk, to prevent suicides amongst **adults**.

Engaging with employment agencies and job centres, homelessness and housing agencies, advice centres and drug and alcohol services.

Train/upskill staff and volunteers so that they can support anyone who may be at risk of suicide.

Recruiting **Suicide Prevention Champions** to build a network across the community.

What we do?

GUIDANCE – Mental health and suicide prevention awareness including the delivery of a 30-minute or one hour session. Learn to recognize the signs and initiate a conversation if you are worried about someone.

SIGNPOSTING – Providing relevant resources and information on local services including monthly updates. Stay informed of local services and effectively signpost.

CONTACT POINT – Connecting services and building a network of support. To support you to actively promote mental wellbeing and a conversation around suicide.



Guidance



Signposting



Contact
point

Suicide Prevention Awareness session

- 30-minute up to 1 hour
- In-person or via Zoom
- Flexible dates



Content of sessions

- What is suicide, values and attitudes around suicide
- Myths and truths about suicide
- Warning signs of those at risk of suicide
- Initiating conversations about suicide
- Trauma and suicide
- Risks of suicide, including risks associated with Covid-19
- Training opportunities including Zero Suicide Alliance Training
- Signposting and awareness of local services
- Looking after yourself and conversation about boundaries

Suicide Prevention Champion Role

- Being aware of and able to recognize the signs if someone needs help
- Initiating conversations if they are worried about someone
- Staying informed of local services so they can signpost those they come into contact to relevant services
- Actively promoting mental wellbeing and attending relevant training
- Supporting the delivery of suicide prevention and wellbeing activities within their organisation
- Networking with other Suicide Prevention Champions



Available Training

- [Zero Suicide Alliance Training](#), free, 20-minute suicide prevention training.
- [Papyrus, Prevention of Young Suicide](#), SP-AEK training offer for school staff and Suicide Prevention Champions.

Suicide Bereavement Support

- The service is a single point of contact providing practical support to individuals, families and others bereaved and affected by suicide.
- It can also refer on to other appropriate services. Referrals are initially received from the Police via The Thrive Hub database.
- Working across 6 boroughs in the South West of London and 8 across North West London.
- The service has two Suicide Postvention Officers in NW London and one officer in SW London.



Contact details

- **Postvention:**

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